

SAILORIZATION AT BASIC TRAINING

WHAT TO EXPECT

\$

Processing Days (P-Days)

Physical, mental, and dental exams, paperwork, a thorough drug screening, boot camp daily routine expectations, baseline Physical Fitness Assessment, and the **"Moment of Truth"**—the last chance to admit to any errors or omissions on applications.

Training—Week 1

Basic Naval Orientation courses to include first aid, Navy ship and aircraft identification, watchstanding, M9 pistol fundamentals, survival at sea training with the initial swim assessment and initial toughness training.

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Training—Week 2

Uniform and grooming standards, enlisted rate and officer rank recognition, naval history, anti-terrorism/force protection training, inspections, and the first academic test.

\$

Training—Week 3

Weapons handling, M9 firing procedures, basic seamanship training with hands on line handling laboratory, and additional toughness training.

Training—Week 4

Chemical, biological and radiological protection training, basic damage control, emergency breathing devices, and the M9 live fire qualification.

Training—Week 5

Second academic test, fire fighting procedures, inspections, and fire fighting practical laboratory.

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Training—Week 6

Hands on firefighting and line handling practice, damage control training, and toughness continuation training.

Week 7

Recruit liberty brief, final inspections, and preparations for final week.

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Week 8

Final toughness training, a grueling 12 hour final exercise called **"Battle Stations"**, and graduation.

What's Next?

Completion of Basic Military Training awards Sailors with 9 college credits, accredited through the American Council on Education. Following graduation, Sailors will be granted liberty to go off-base during the day before reporting for **"A" school**—the beginning of technical training in their selected field. Only the individual and his/her supervisor will know their specific liberty schedule.

\$ = PAY DAY

-TWICE A MONTH

-DIRECT DEPOSIT

Open a new bank account at basic training, or bring these items to use an existing account.

NEED TO BRING:

- Completed Direct-Deposit Signup Form, Standard Form 1199A. The bank will need to fill in section 3 of the 1199A prior to your departure
- Checkbook and/or ATM card for the account

PACK YOUR BAGS

MUST HAVES

- ☐ Social Security card
- ☐ Acceptable form of photo ID
- ☐ Second form of ID (does not need to include a photo)
- ☐ Completed Direct Deposit Sign-Up (Standard Form 1199A), or set up an account once at basic training
- ☐ Checkbook and/or ATM card of direct deposit account
- ☐ Warm clothes (October – April)

IF APPLICABLE

- ☐ Marriage certificate
- ☐ Divorce decree
- ☐ Copies of Dependent birth certificates
- ☐ Immunization records
- ☐ Permanent resident card (for non-citizens)

OK TO BRING

- ☐ Cell phone for first phone call (will then be placed in box or sent home)
- ☐ Wrist watch (analog only)
- ☐ Wedding ring
- ☐ Religious medallion
- ☐ Writing material
- ☐ Pocket-sized religious text
- ☐ Small address book
- ☐ Hairbrush, pick, or comb
- ☐ Pre-paid phone cards
- ☐ One pair of prescription glasses or reading glasses
- ☐ A small amount of cash
- ☐ Prescription medications with identifying prescription label

FEMALES

- ☐ Feminine sanitary items (2 weeks worth)
- ☐ Conservative cosmetics—one of each: face powder, blush, lipstick, eye shadow, mascara
- ☐ Barrettes/small elastic hair bands (must match hair)



DID YOU KNOW?

Male recruits in processing have their hair cut very short. Accordingly, men's hair length is often seen by other recruits as a measure of tenure.

FEMALE RECRUITS ARE NOT REQUIRED TO CUT THEIR HAIR.

GET PHYSICAL

BASELINE PHYSICAL FITNESS ASSESSMENT THE MINIMUM REQUIREMENTS TO BEGIN BASIC TRAINING

MALE	AGE			
♂	17-19	46	54	16:10
	20-24	42	54	16:10
FEMALE	AGE			
♀	17-19	20	54	18:37
	20-24	17	50	18:37

FINAL PHYSICAL FITNESS ASSESSMENT THE MINIMUM REQUIREMENTS TO GRADUATE

MALE	AGE			
♂	17-19	46	54	12:15
	20-24	42	50	13:15
FEMALE	AGE			
♀	17-19	20	54	14:45
	20-24	17	50	15:15

2 minutes given for both push-ups and curl-ups. Run is 1.5 miles.

MAKE LIFE AT BOOT CAMP EASIER

THINGS TO KNOW BEFORE YOU GO

- SAILOR'S CREED
- NAVY RANKS & RECOGNITION
- CHAIN OF COMMAND
- PHYSICAL REQUIREMENTS TO JOIN THE NAVY
- PHONETIC ALPHABET
- 11 GENERAL ORDERS
- NAVY CORE VALUES
- BLUE JACKET MANUAL